

MASTER CYCLE®

January 2025	Positional Chapter GROUND	STANDING LESSON
Monday	Back Mount Controls	(6) BBS4L54 (13)BBS4L56 (20)BBS4L58 (27)BBS4L60
Tuesday	Principle 1: Connection	
Wednesday	MC Fundamentals	THIS CLASS WILL START AGAIN FROM WEDNESDAY 15 JANUARY 2025
Thursday	Back Mount Submissions	(9)BBS4L55 (16)BBS4L57 (23)BBS4L59 (30)BBS4L60
Friday	FRIDAY NIGHT MASTER CYCLE WILL COMMENCE AGAIN FROM MARCH 2025	
DAYTIME CLASSES	SATURDAY 8AM (MC LADIES) BBS1 Side Mount Review	SATURDAY 11AM
		Back Mount Submission Counters

Master Cycle Weekly Schedule*					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					8:00a-9:00a Gracie Girls MC (GI)
					11:00a-11.45a MC Technique (GI)
					11.45p-12.30p MC Sparring (GI)
	6:00p-6:45p MC Technique (GI)		6:00p-6:45p MC Technique (GI)		
	6:45p-7:30p Fight Simulation (5.5oz Gloves/Mouth Guard)		6:45p-7:30p MC Sparring (GI)		
7:30p – 8:15p MC Technique (NO-GI)		7:00p-8.30p MC Fundamentals (GI)			
8:15p-8:45p MC Sparring (NO-GI)					

*Class schedule subject to change based on holidays and special events.

- **No-GI Attire:** Please wear a Gracie Jiu-Jitsu Dry Fit or rashguard (blue or black) along with white gi pants or black Gracie fight shorts. No other t-shirts, rashguards, or shorts allowed. Please wear your jiu-jitsu belt in no-gi classes.
- **Street Sparring:** All students must have open-finger Gracie Sparring Gloves (5.5oz), and a mouth guard to participate in Street Sparring sessions. Remember, the designated Street Sparring day will alternate every two calendar months.
- **Fight Simulation:** Fight Simulation Class is the most important class for promotion consideration. All participants must have 5.5oz. sparring gloves, 18oz. fight simulation gloves, and a mouth guard to participate.
- **Master Cycle Stripe Promotions:** Master Cycle stripe promotion consideration is based on at least eight months of regular attendance and a minimum of 100 classes (including 10 RD classes and 10 FS classes). Please keep in mind that these are minimum attendance requirements and do not guarantee promotion.